

Growing Healthy Families

BARRE DISTRICT OFFICE • Vermont Department of Health, WIC Program
5 Perry Street, Suite 250, Barre, VT 05641 • 1-802-479-4200 or 1-888-253-8786

All activities are FREE
of charge!

Prenatal breastfeeding class

Saturday, March 21
10:00 a.m.–1:00 p.m.

Women's Health Reception Area
Building A, 1st floor
Central Vermont Medical Center

Want to know more about breastfeeding? Get your questions and concerns answered at a class presented by the Breastfeeding Coalition of Central Vermont. Information will be provided on what to expect in the first few weeks of breastfeeding and caring for your new baby and yourself. This is a free event and partners/husbands are welcome to attend.

For information or registration please contact Stevie, IBCLC at 802-371-4415 or Debbie at the Vermont Department of Health 802-476-0155.



Think green and bite into a healthy lifestyle



St. Patrick's Day, Tuesday, March 17; 2:00 p.m.
WIC Office, Small Conference Room
McFarland Office Building, Barre

Join us on St. Paddy's Day to celebrate National Nutrition Month and learn about a healthy lifestyle. Have fun learning about food choices, fun kid activities with food, tips for food shopping, being penny wise, and making eating more enjoyable with your family. Wear green, share your green recipes, and try a sampling of green food.

Children welcome. Please call Debbie at 802-479-7442 for details.

Getting ready for baby

Wednesday, April 15; 10:00 a.m.
WIC Office
McFarland Office Building, Barre

Babies do not come with instruction manuals and you, the mom, are given lots of advice during this intense new time of your life. Come learn how to care for your newborn and have the opportunity to ask questions. Topics will include learning your baby's cues, calming a crying baby, and feeding your baby. Also, taking care of yourself is important, so we will discuss healthy eating, getting enough rest and exercise, plus how to build your support network.

Partners, friends and family members are welcome. Please call Bonnie at 802-476-1604 to reserve your space.

Easy spring container gardening

Thursday, May 14; 1:00 p.m.
WIC Clinic
McFarland Office Building, Barre

If you have wanted to try growing vegetables or herbs, here is an opportunity to learn quick and easy cost effective ways. Children especially enjoy planting seeds and watching them grow. You will receive small pots and seeds to get you started. We will discuss how to select the kinds of plants best to grow in our region, container selection, kinds of soil, and care to have a successful harvest. You will be amazed at what can grow in a small space either inside your home or on a porch/deck. Bring your experiences and vegetable recipes to share. Container gardens make great gifts.

Call Debbie at 802-479-7442 to reserve your place. Children welcome.